



School work overwhelming? Problems with friends? Issues with parents?

# STRESSED OUT?

You are not alone.

Talk about your daily dilemmas.

*3 in 10 Indiana high school students reported feeling so sad or hopeless almost every day for a period of two weeks or more over the past year that they stopped doing some of their usual activities. If you're feeling stressed, seek out a trusted friend or adult to talk with. Let them help.*

**KNOW THE FACTS:** [www.in.gov/yrbs](http://www.in.gov/yrbs)